Release of excessive iron concentration from human blood and urine of cigarette smokers by using Cystus-Sud

ABSTRACT

Many different heavy metals, such as cobalt, iron, lead, manganese, mercury, platinum, selenium, cadmium, titanium and zinc exist in environment in different forms. These metals can be toxic to living things at certain levels. Although they occur naturally, they come from many different sources. Heavy metals in cigarette tobacco may cause a serious damage on human health. Surveys showed that the accumulation of certain toxic heavy metals like cadmium, mercury, iron is very often due to the effect of smoking. This work was the clinical trial of 15 volunteers in two randomly divided groups (A & B) having the habit of cigarette smoking over 15 cigarettes / day and the reduction in increased concentration level of iron in blood and urine after using Cystus-Sud (Cistus incanus ssp. tauricus) is analyzed. Determination of Iron concentration in blood and urine was calculated by Inductively Coupled Plasma-Atomic Emission Spectrometry (ICP-AES) according to the procedure DIN EN ISO 11885 ("E22" from April 1998). The analysis shown that the concentration of iron in blood and urine samples with in both groups (A & B) increased in some volunteers instead of decrease and also reduced in some participants after using Cystus-Sud. The results are suggested that Cystus-Sud does have significant influence on reduction of iron concentration levels.

INDEX TERMS

Index Terms are available to subscribers and IEEE members.